



Capacitar Training in Multicultural Wellness Education ***A Program for People Who Serve People in Need***

Capacitar Vision and Mission:

Capacitar is an international network of empowerment and solidarity whose vision is “**healing ourselves, healing our world**”. Using a popular education methodology, Capacitar teaches simple wellness practices to empower healing and transformation in the individual, the family and the community. Capacitar works in over 30 countries (in North, Central and South America, the Caribbean, Europe, Asia and Africa), and is especially committed to people affected by political and domestic violence, war, poverty, HIV/AIDS and natural disasters.

The Capacitar Training in Multicultural Wellness Education is a one-year program developed by Patricia Cane, Ph.D., Founder/Co-Director of CAPACITAR, an international project of empowerment and solidarity. The program focuses on developing personal and community vision and skills for outreach in health, education, HIV/AIDS, psychology, social work, community development, and ministry. The Facilitator will be Dr. Genevieve van Waesberghe, MMM, International Capacitar Trainer.

Resources: Text: Living in Wellness: Trauma Healing—Patricia Cane, Ph.D.
Resource Articles, CD -Workshop Music, DVD –Capacitar practices

Goals of Training:

- To form persons working in service of others with a sense of their mission and vision of personal, communal and global healing and transformation.
- To form local trainers with skills and expertise in wellness practices and with a learner centered educational method in multicultural wellness education.
- To work with healing of the healer/educator/facilitator as a first step in the process of global healing and transformation.
- To inspire a holistic understanding and integration of body-mind-spirit leading to a deep healing of Self and the world.
- To impact the healing and transformation of communities through outreach in multicultural wellness education based on principles of justice, nonviolence, interconnection, community building and compassionate service.

Outcomes and Objectives of Training:

As a result of the Capacitar Training in Multicultural Wellness Education, participants will Through the Capacitar Workshop participants will demonstrate proficiency in the following theory and wellness practices:

- Basic Tai Chi movements for centering and balancing energy
- Energy: Recognizing and feeling the energy of the hands and the field
- Breathing practices for focus and relaxation, Alternate Nostril Breathing
- Body scan to connect with areas of pain, stress and discomfort
- 20 acupressure points for relaxation, relief of stress, and alleviation of pain
- Safe Space Visualization to connect with a place of inner peace and security
- The Holds for relaxation, alleviating stress and anxiety—with oneself and with another
- Pal Dan Gum for opening the energy flows of the body
- Salute to the Sun
- Fingerholds for managing emotions
- Emotional Freedom Technique for healing memories and emotions
- Hand Massage for relaxation
- Head Neck Shoulder Release
- Polarity :Head and Throat Moves, Protocol Ether for trauma
- Basic communication and facilitation skills for use of the practices with others Popular Education theory and method in applying the work with others
- Basic theory on trauma and an energy-based approach to trauma healing
- Basic self-assessment of compassion fatigue in personal life and work
- 2 practices for self care and establishing healthy boundaries
- Figure “8” for Protection and Boundaries
- Energy Walk Around: How I hold my center; where are my energy boundaries
- Pain Drain
- Boosting the Immune System
- Cross Lateral Exercises
- Drum Massage
- Popular Multicultural Wellness Education: Primary Message Systems of Culture
- Trauma Healing and the Recovery Process
- Societal and Intergenerational Trauma—The Map of Human Consciousness
- Viicarious Traumatization—Self care assessment
- Tonglen to Transform the Violence and Pain
- Introduction to new Cosmology
- 5 Songs/Dances: Shalom, Leadership Dance, Your Light Within.,
O great spirit, the Earth is our mother

Training Schedule:

The training will consist of 60 hours divided in 3 or 4 modules based on a curriculum that covers theory and readings, specific wellness practices, methodology and pedagogical practices, and analysis of the multicultural application of the wellness practices. Each participant will be responsible for applying the learnings in a practicum with a specific group in their community or area of work during the training.